

A survival guide for doomsday preppers and the poor.



# 9 Steps the Book: Savings Lives With Holistic Remedies

By Tina Cornely

Life and death MacGyver tips so genius in their simplicity that they speak for themselves.

This book is written in honor of friends and family who believed in my dream to eradicate poverty.

Without their love and support, my humanitarian work and this book would not have been possible.

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## Introduction:

The origins of 9 Steps to Eradicate Poverty.

Having been raised in Honduras and Guatemala as a child, I witnessed extreme poverty up close. No matter where I travel today my heart breaks at the sight of people living below the line. How can it be that in this day and age there are so many people whose basic needs are not met? After investing yearly vacations teaching at orphanages across the globe, finally the time was ripe for the formation of Bridging Humanity. A volunteer based registered non-profit dedicated to teaching karuna and self-sufficiency to the impoverished masses.

The impetus for 9 Steps came from watching MacGyver and Gillegan's Island. Simple solutions to everyday problems using whatever you have available to you. Watching these TV shows as a child awakened the tinkerer in me. The solutions described herein have been tested and thoroughly researched and they work.

*This material is not copy written and was meant to be shared.*

## Chapter One

1. **Water Purification:** We can live on little food but we can't live without water. One of today's deadliest killers of children is contaminated water. There are many ways to purify water but here are the easiest.



- a. Boil contaminated water for 1 minute. You can even boil water (or cook food) in a wooden bowl, birch bark, pumpkin gourd, avocado shell or coconut shell over an open fire as long as the flames do not pass the water line.



- b. SODIS (solar disinfection) method using plastic PET (1) water bottles or you can use glass bottles. Do not use PVC and BPA (the harder bottles numbered 2 - 7) as they are unsafe.



Fill the bottle with water, seal the cap, shake and leave in the sun for 6 hours. Scientific studies have proven that PET bottles are safe for the SODIS technique.

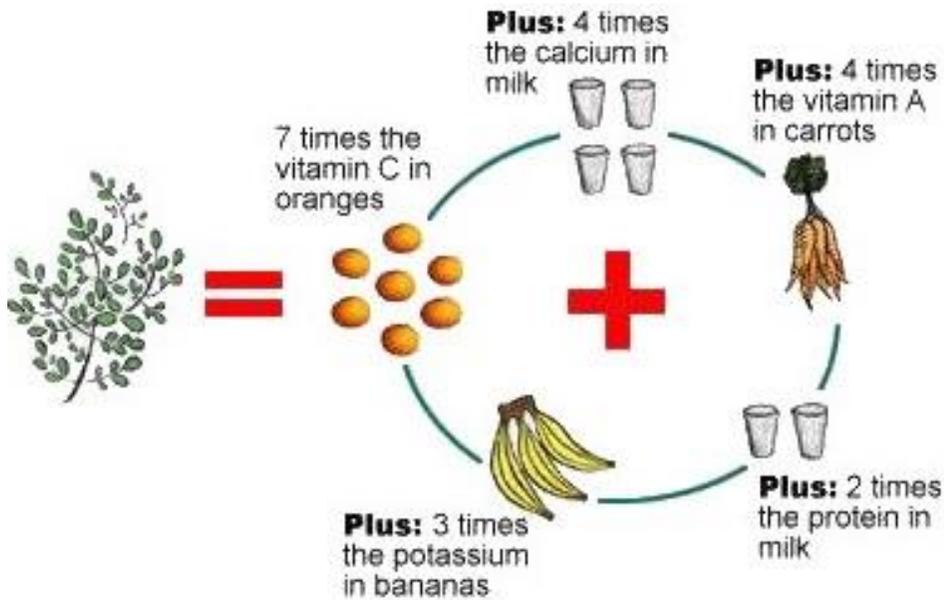


- c. Ground up moringa seeds (1 seed per liter of water) can kill certain bacteria and pathogens. Moringa also acts as an anticoagulant and can help clarify dirty colored water. Mix moringa powder in a bottle of dirty water. Seal the bottle and shake for 5 minutes. Let sit for 2 hours. Boil and filter the water before drinking.



## Chapter Two

2. **Nutrition:** Eat a balanced diet that is a combination of raw greens and cooked vegetables. Examples of nutritious plants that are easy to grow: moringa, papaya, peanuts, sesame seeds, chick peas, beets, leafy greens, broccoli, cabbage and tomatoes. In fact the leaves of the Moringa tree are better than a multi vitamin.



22% daily value of Vitamin C  
 41% daily value of Potassium  
 61% daily value of Magnesium  
 71% daily value of Iron  
 125% daily value of Calcium  
 272% daily value of Vitamin A

## Chapter Three

3. **Hygiene:** Hygiene is critical to staying healthy. Natural soap and house hold cleaners are easy to make.

- a. Natural household cleaner is as simple as placing orange, lime and lemon rinds in a jar full of vinegar. Let it steep for a week.



- b. Natural soap can be made from yucca root or soap seeds as they are full of saponins. This kind of soap can also be used for washing clothes and dishes.

- i. **Yucca:** Remove the skin of the yucca root with a knife and place the peeled root in water. Slosh it around to activate the saponins. The younger the yucca root, the more it will lather up.



- ii. **Soap Seeds:** Remove hulls from the seeds and then place the hulls in water, slosh around to activate saponins. Seeds can be planted or used to make jewelry.



- iii. Mix 1 tablespoon of baking soda with 1 cup water in a jar and pour over wet hair and rinse.



- iv. Or you can wash your hair with 1 tablespoon of apple cider vinegar mixed with 1 cup water. Pour over your head and rinse.



- v. In absence of water for making soap with yucca or soap seeds you can use the gel from the aloe plant to disinfect your hands. It has 6 antiseptic agents that kill bacteria, viruses and fungus. You can take internally or apply externally to disinfect and treat wounds.



- vi. A substitute for toothpaste is 1 teaspoon of baking soda mixed with water. Or rub mint or sage leaves across your teeth and gums. Sage can also be used to heal mouth sores and to stop bleeding.



- vii. The Miswak toothbrush (from the Arak tree) can also be used to brush your teeth as it contains antibacterial properties.



- c. Feminine Sanitary Pads. Trim a 9 x 9 inch square and fold into 3. Materials can be a cotton wash cloth, cotton or wool socks, cotton or wool sweater. Wool is antibacterial, stays in place and wool is body regulating temperature. To clean once soiled do a quick

cold water rinse and then a warm wash with soap.

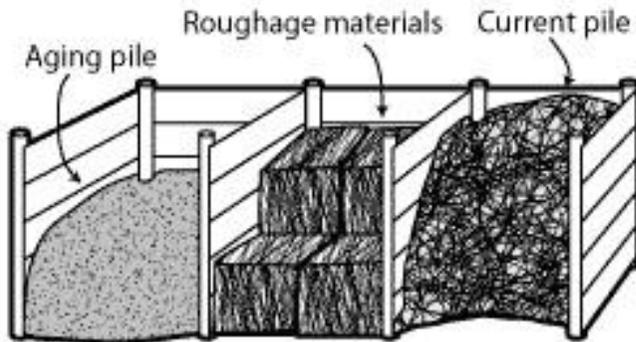


## Chapter Four

4. **Compost Toilets:** Use one bucket for *pee* and one for *poo*. *Pee* contains nitrogen and can be used to fertilize plants when done early in the morning. If you want to fertilize plants in the afternoon you will need to dilute the *pee* by adding water. For the pot with *poo* you will need to keep a bucket of saw dust, dried leaves or rice husks close by so you can add a cup full to the pot to kill the odor.



The pot with the *poo* and saw dust should get dumped in a secure, remote compost bin that is not located near rivers or streams. Over time keep adding leaves, till often and eventually it will turn back into healthy soil.



Keep a piece of aloe vera or a stash of yucca or soap seed soap in the bathroom area and wash your hands after doing your business and after emptying the compost bucket.

## Chapter Five

### 5. Alternative Medicine: First aid by Mother Nature.



- a. **Immune System:** The best way to not get sick is to keep your immune system healthy. Moringa leaves, aloe vera and papaya are great sources of vitamins and will help keep your immune system strong.



b. **Malaria Prevention:**

- i. Take vitamin B1 or eat foods high in B1 (sun flower seeds, asparagus, green peas, acorn squash, soy beans).

**Vitamin B1**



**Rich Foods to Include  
in Your Diet**

- ii. Do not leave empty containers around your home where mosquitos can propagate.



### Common mosquito breeding sites:

- Swimming pools
- Tires
- ◀ Bird baths
- Cracks in pavement
- Tree holes
- Garbage cans
- Gutters
- Potted plants
- Septic tanks

- iii. Plant marigold, lemon grass, lemon balm, citronella, around home and garden areas to keep bugs away. Make and use natural bug repellent out of any of the plants noted below. Bug repellent can be as simple as making a tea out of the leaves of any of these plants and then bathing in this water or drying the leaves and burning like incense.



## 6 Plants Proven To Repel Mosquitoes

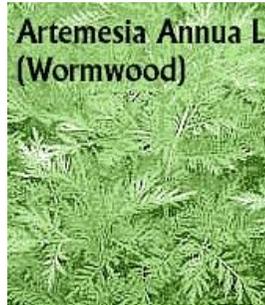
- iv. Use a mosquito net to sleep and if you do not have one improvise and use a sheet.



- v. Dark colors attract heat, heat attracts mosquitoes. Try not to wear dark clothes during mosquito season.
- vi. Mosquitoes love the scent of bananas so limit how many you eat during mosquito season and do not leave the rinds around your home.



- c. **Malaria Treatment:** Grow *artemisia annua* and harvest the leaves right before the flower blooms (when it is more potent). Dry the leaves, grind them up and mix 5 grams with a cup of peanut butter to treat malaria. Take up to 4 teaspoons a day for 6 days. It is also good for treating parasites.



d. **Preeclampsia:**

- i. A quick low tech test for preeclampsia is to place a pregnant mom's morning urine sample in a glass jar. Put the jar in a pot of hot water. After 3 minutes remove the jar from the hot water.



If the urine turns cloudy then there is protein in the urine which is a precursor for preeclampsia. Get her to a doctor and if there aren't any close by then follow steps in section ii below.

- ii. Use epsom salts as a low tech treatment for pregnant women who are suffering from preeclampsia or swollen ankles. Dip a rag into water that has been mixed with epsom salts and then place the rag on the forehead, wrists, or belly of the pregnant mother. Or have them soak their swollen ankles in bucket with water and epsom salts.



- e. **Cancer:** Cancer and other illnesses thrive in environments that are highly acidic. Therefore it is important to maintain a healthy pH. You can achieve this by reducing or eliminating highly processed foods (white flour, white sugar, white salt), junk foods, fried foods and sodas. Rebuild your weakened immune system

by eating moringa or aloe vera. Try and incorporate more raw foods into your diet. For instance you can juice or eat raw carrots, cabbage, asparagus, broccoli, red beets (including tops), cauliflower and turmeric to treat cancer. Another option is to slice or grate them and sprinkle over a salad.



- f. **Diarrhea:** The number one killer of children worldwide is from drinking contaminated water. To prevent this from happening simply boil water for 3 minutes. If a child has diarrhea keep him hydrated and get him to a doctor. Give him small bits of banana, ginger ale, ginger tea or coconut water which is full of electrolytes.

If you do not have a knife to open the coconut then lift the leaves under the stem and poke a hole with a sharp stick through the tender area. You can make a straw by cutting the branch of a papaya tree which is hollow and use it to drink the coconut water.

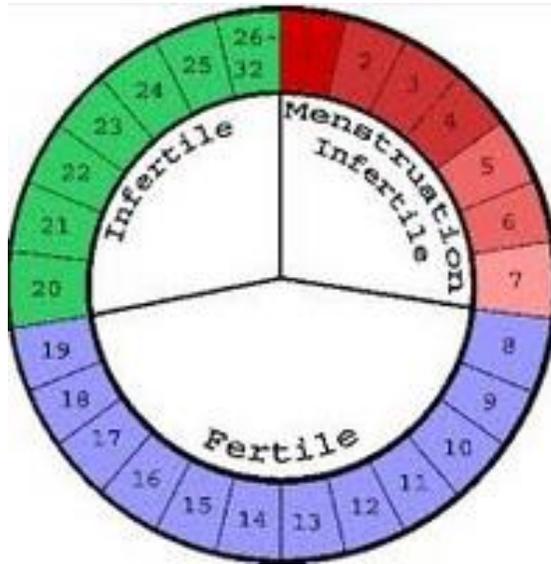


If the child or person with diarrhea is throwing up then dip a cloth in ginger tea and place over the belly button. Remember diarrhea is the body's fail safe to expel contaminants.

## Chapter Six

6. **Family Planning:** Cycle Bead Necklaces help women keep track of the days they are fertile (which

is between the 8 and 19 day after their period starts). This system will not work for women who have erratic periods. Stress and lack of food can cause irregular periods. Women with irregular periods should visit a doctor.



- a. The Center for Reproductive Health came up with the family planning necklace. This necklace is a string of 32 color-coded beads and has a clip charm or rubber washer that can be used to track the days in their cycle once their period starts. They should move the clip charm to the red bead on the first day of their menstrual cycle and track each subsequent day with the clip charm.



- b. In absence of a necklace they can track their fertile days on a calendar.

### Safe Times Using the Calendar Method

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Safe Day [ 1	Safe Day 2	Safe Day 3	Safe Day 4 <small>Start of Period</small>	Safe Day 5	Safe Day 6	Safe Day 7
Safe Day 8	Safe Day 9	Safe Day 10 ]	<del>11</del>	<del>12</del>	<del>13</del>	<del>14</del>
<del>15</del>	<del>16</del>	<del>17</del>	<del>18</del>	<del>19</del>	<del>20</del>	<del>21</del>
<del>22</del>	Safe Day [ 23	Safe Day 24	Safe Day 25	Safe Day 26	Safe Day 27	Safe Day 28
Safe Day 29	Safe Day 30	Safe Day 1	Safe Day 2 <small>Start of Period</small>	Safe Day 3	Safe Day 4	Safe Day 5

Start of Period: ○      Safe Days: [ ]      Unsafe Days: X

- c. Free period tracker apps like iPeriod can help women monitor when they are fertile with their cell phones. For more information contact [www.cyclebeads.com](http://www.cyclebeads.com).

## Chapter Seven

7. **Eco Refrigerator:** Root cellars were used as eco refrigerators by our ancestors. In Europe mountain

caves were used to store wine and beer. Today they still call wine cellars “Caves”.



- a. Clay pots were also used by our ancestors for extending the shelf life of food and beverages. In Africa they use the pot in a pot cooling system. It is an easy to assemble clay pot within a larger clay pot. The empty space in between the 2 pots is filled with sand. Pour water over the sand, add your veggies, milk and cheese inside the smaller pot and then place a wet cloth over the top. Keep out of the sun and keep the cloth moist.



- b. **Tip:** Do not store fruits and vegetables together. In particular bananas and apples as they will make the vegetables ripen faster. To extend the life of your produce sprinkle cinnamon over a paper towel or cloth and then wrap the vegetables or fruit in the paper towel. You can also add bits of whole cloves wrapped inside the towel.

This will prevent bacteria from forming which will extend the life of your produce.



- c. If you do not have access to clay pots, then place your produce, leftover cooked food, milk, etc. in a glass jar, sealable container or even a garbage can with a lid and bury it in the ground (preferably in a shady area).



## Chapter Eight

### 8. Solar Energy:

- a. Solar stoves can be easily made out of cardboard boxes and reflective material (shiny balloons, aluminum foil, inside of chip bags, etc.). Turn your car into a solar stove by putting a reflective dashboard protector on your dashboard. You can cook a meal and even bake cookies in a car.



- b. You can start a fire with the sun's rays aimed at a clear plastic bottle full of water. Aim the beam at easy to burn tinder. You may want to prop it up to keep the aim steady.

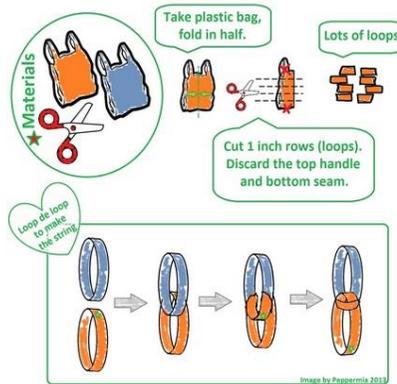


- c. To create an eco indoor light during the day just fill a 2 liter soda plastic bottle with water, add some vinegar and place in a hole in the roof. This is called the "Liter of Light".



## Chapter Nine

9. **Repurposing Trash:** Garbage is a free commodity that can generate money and protect the environment.
- a. Plarn (plastic bag yarn) can be crocheted into all sorts of useful material.



- b. The image below is a cardboard Kumihimo disk. To make one just cut a piece of cardboard into an octagonal shape. Then cut a

tiny slit in the middle of each octagonal section and cut a hole in the middle. Take 7 pieces of plarn of equal length, group them together and tie a knot around the end, place the knotted end through the hole. Then place a piece plarn in each slit. Make sure you have one blank slit. All you do is count down to the 3rd piece of plarn and then lift it up and place over the empty slit. Then locate the empty slit and count down to the 3rd piece of plarn and move it up to the empty slit. Repeat this step over and over to create a Kumihimo braid.



- c. Crochet needles can be made out of disposable chop sticks or by carving rattan or bamboo strips. I have even carved the ends of paint brushes into crochet needles.



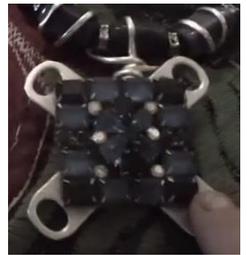
d. You can weave mats, hammocks, purses, belts, hats, placemats, slippers with plarn.



- e. Broken vases can be repaired by gluing them back together and then collaging the exteriors with trash (egg shells, candy wrappers, the foil found inside of cigarette boxes, leaves, tile shards, shells, etc.).



- f. Pop tops can be used to make jewelry.



- g. Business cards and price tags can be made out of leaves.





## About the Author

Tina Cornely is an enthusiastic humanitarian, environmental activist and eco artist. She specialized her business career in the fields of technology, education and museum administration. She is the former Director of Technology of the Solomon R. Guggenheim Museum, the former Operations Director of the Miami Art Museum and a retired University of Miami teacher. Ms. Cornely for more than three decades has made her home in Miami, where her creativity and passion for the less fortunate continues to grow and expand. She is a member of the board of trustees of the Haitian Cultural Arts Alliance and is the past Chair of the Friends of the Orphans Southeastern Region. She currently is the Founder & CEO of Bridging Humanity, a nonprofit dedicated to teaching the less fortunate how to become self-sufficient.